



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09201, Oranges, raw, California, valencias

Report Date: June 30, 2017 16:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	86.34	17	0.180	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	205	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	1.04	16	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.42	17	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	11.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
<strong>Minerals</strong>													
Calcium, Ca	mg	40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.09	16	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	10	94	0.431	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Phosphorus, P	mg	17	18	0.341	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	179	86	2.244	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	0	24	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.06	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.037	16	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.023	16	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	48.5	75	1.019	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.087	78	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.274	75	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.063	54	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	39	81	5.212	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	39	81	5.212	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, DFE	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	12	78	0.444	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	230	78	8.884	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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16:1 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total polyunsaturated	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Cystine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982